



YOUR RIDING SUCCESS

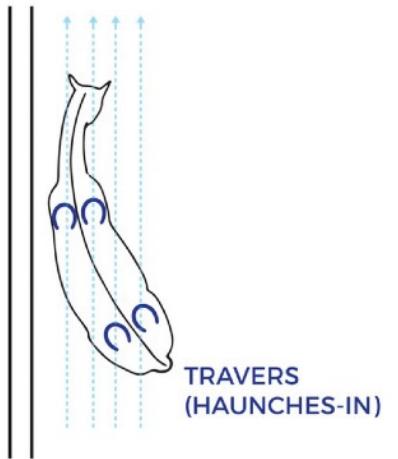
THE ULTIMATE GUIDE

TRAVERS



What is Travers?

In your own words, describe travers:



What does leg pressure mean to the horse? (I.e. What does the horse do when you put one leg on?)

Write below a moment in time when you neglected the basics (eg. You didn't have even weight in all 4 feet of your horse) and what mistake that has manifested as:

How many of you have tried to get travers and you never get there? What you need to understand is that **wherever the shoulders are, the hind quarters will follow.** If you want your quarters in, you ultimately put your shoulders out and the quarters will just follow.

You can demonstrate this by leading your horse backwards through a dressage test (so in the first couple of movements of the dressage test, make your horse go backwards and see what happens)

Taking The Next Step With Your Seat

In the last part, we talked about leg yield, which you need to use in every level all the way to the top - so make sure you keep going back to that part of the program as you progress, as you can use it for the more complex movements - it's the same principle!

In Elementary/Second level dressage, the new movements that we are going to work on today are:

- Shoulder in
- Travers
- Renvers
- Counter canter

Remember - Advanced TSMG is all about exactly where to sit for those movements, and not how to do the movements on your horse.

One key - I am not going to go flying around the arena in each movement, I am going to do it at halt so you can see what to do and where to sit, and also how to troubleshoot, rather than getting distracted by legs moving everywhere!



Questions

In your own words, answer the following as you understand them:

Where does your seat go when you are doing a shoulder in?

Where does your seat go when you are doing a leg yield?



What is the difference in your seat between a shoulder in and a leg yield?

Why?

Where does your seat go when you are doing travers?

Where does your seat go when you are doing renvers?

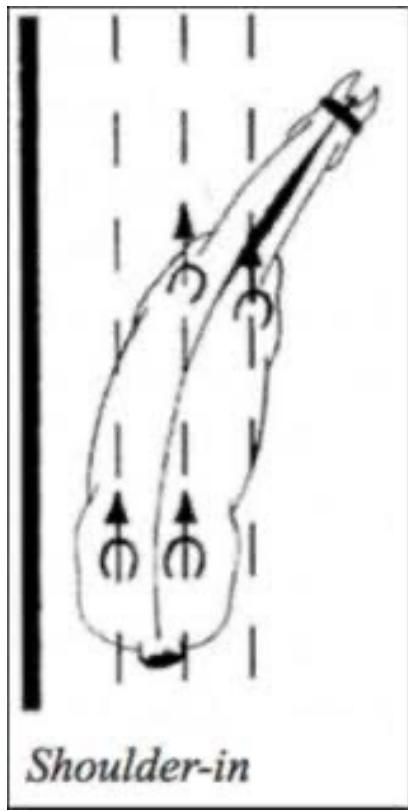
Where does your seat go when you are doing counter canter?



Shoulder In

Shoulder in is 3 track - the outside front leg is in line with inside hind leg, inside hind leg by itself, outside hind leg by itself.

It's really important to think about what the movement is - so shoulder in is really about bending the rib cage - this is what you need to think about when you are choosing where to sit.



You are seated towards the inside but are you not hanging there - the rib cage on the outside is not massively bulging - it's only a small bit of bend (if your horse is struggling, you can exaggerate it a bit more if you need to).

Your feet have exactly the same weight in them, and your shoulders are also exactly the same - they have not moved over either.

When you don't move your seat ever so slightly to the inside, you are not allowing your horse to bend the right way - the rib cage is being blocked.

The position is the same regardless of the pace that you are doing the shoulder in (walk, trot, canter or even halt!).

Leg Yield On The Wall

The difference between leg yield and shoulder in is that the hindquarters are out (rather than having the shoulders in).

How do you know that the quarters are out rather than the shoulders in?



It's all about looking at the horse's body - the rib cage is quite straight in the leg yield, whereas in the shoulder in you are pushing the shoulders in and creating bend in the rib cage.

What is the main difference in your seat?

A shoulder in is like you are pinching the rib cage a little bit on the inside, and just getting it to be a little bit more contracted.

A leg yield is actually that you are trying to get the hind quarters out on a pivot, and the body is more straight.

What do you do as a rider? In the leg yield it is a more pronounced weight to the inside, because you are trying to get the whole back end on the horse to go to the outside, rather than just a little bit of bend in the rib cage. Remember you want to sit away from the direction of travel of the legs of the horse.

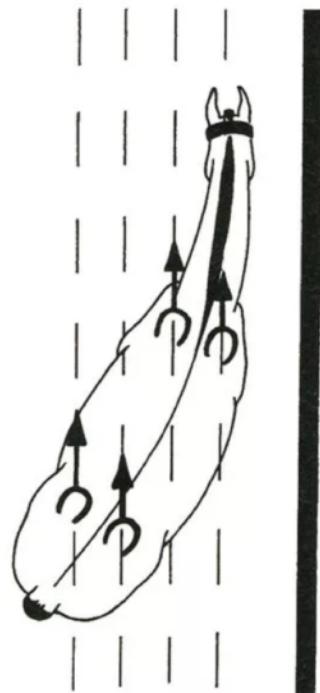
Travers

This is actually 4 tracks - it should be an even space between all of the legs. When looking front on, you should be able to see all 4 legs with the same space between each one.

The rib cage is on the outside very big and curved to the outside.

The positioning of your body is similar to the leg yield - you need to put your seat to the inside of your pelvis which allows the rib cage on the outside to have space to bend.

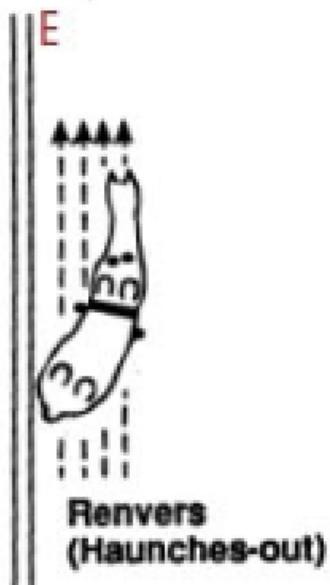
Again - it's really important for the position of your shoulders and the weight through your feet to stay the same, regardless of where your pelvis is sitting.



Even though the weight is the same through both of your feet, your outside leg is positioned a little bit back (but not on) to make it more free and to give the horse space to move the rib cage to the outside (rather than holding the horse there with your leg and blocking).

If you can get this - you can do half pass (because the half pass is just a travers on a diagonal line!!), you can do a working pirouette (just a travers on a circle). If you really understand this, the next levels are much easier!

Renvers



Renvers is basically a back to front shoulder in. It's a 3 track movement, and the only difference is that the bend is the opposite of a shoulder in (it's not quarters out like a leg yield!).

A shoulder in has the small part of the rib cage to the inside. A renvers has the small part of the rib cage to the OUTSIDE.

So your seat is the opposite of the travers. The tiniest bit of pelvis goes to the outside (however, you don't want the horse to fall in, so make sure it is very subtle!).

Your outside rein tells the horse that you want him to look to the outside, and your inside rein sort of 'holds' the horse in position.

The inside leg goes ever so slightly back (but keep your weight the same in both feet!).

Counter Canter

This is really simple!! You just need to know which is the leading leg (so which leg your seat needs to stay off).

The leading leg in normal canter is always the outside hind. So if you are in counter canter, the leading leg is going to be the inside hind leg.

With your seat, if your horse knows how to do it, it's very similar to shoulder in - you just move your pelvis a little bit away from the leading leg. If your horse needs a little bit more help, you can move your pelvis further across away from that leading leg, however just be careful not to drop your shoulder or lean your body as well, as this can make your horse fall in - as always, make sure you keep your shoulders and legs even with the same amount of weight in both feet.

